



JOPLIN ROADRUNNERS' MAGAZINE

Summer Edition 2025

First Word from your CEO

Fellow RoadRunners,

You deserve an upgrade!

You will have noticed that we no longer call this a Newsletter. “Newsletter” brings up good old memories of a 2 to 4-page stamped and snail-mailed printed letter that would drop in your mailbox by the curb every first week of the month. We still have those from days past and keep them in our archives, then reprint one of those old pages in each of our current editions; a way to stay in touch with our running club’s roots.

But that’s no longer the way we communicate. Today, many of you have voted with your pens (or better, with your keyboards or touch screens). You, our members, are participating in ever larger numbers, willing to share triumphs, experiences and sob stories with your runner-friends you have come to love from your mutual group runs, social runs and friendly competitions. No less than 27 runners/members contributed to the current edition. That’s more than 25% of all JRR members!! A participation rate that rivals any other club newspaper in the country!

For that reason, we are re-baptizing this periodic club news update and will no longer call it a Newsletter, but a MAGAZINE. More precisely, YOUR magazine, since most of the pages are written by you, stories to be shared by all of you. We, your Board, just act as editors-in-chief and dress it all up for you, then distribute it for all to view on your phones or other electronic devices.

And yes, we do still print out just one copy which we keep in our archives. Those archives, by the way, you can always find on our website at <https://joplinroadrunners.com/newsletters-and-links> where we keep the last few years’ editions for your immediate download.

So, enjoy this newly dressed-up Newsletter, now Magazine, and be proud to be part of a running club where runners are constantly achieving part of the club’s mission: creating a running community by sharing more than an ephemeral Facebook entry: a heartfelt buddy-to-buddy report of your recent running experiences.

Other than that, lots of stories about 80/20 or slow running (the new mantra). And some inspiring contributions from new members.

Thanks and Enjoy!

Henri



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Board Updates – Meetings of May 1, June 3, July 1 and August 5, 2025

✓ **New Equipment**

We decided to proceed with the purchase of an extra 10x20' canopy but to delay the printing on the canopy to a later date. We also voted on the purchase of a tripod to start recording JRR Club Meetings and make them available through Live streaming on Facebook. The tripod was first used for our July meeting and that video is available on Facebook here: <https://www.facebook.com/share/v/1Cgg1Rptkm/>



✓ **Growing 2025 JRR Membership**



JRR keeps growing and is now 109 members strong. New members are welcomed on our private Member's Lounge on Facebook, are invited to pick a club shirt from our selection on our website (<https://joplinroadrunners.com/club-running-gear>) and are emailed all the details of their member's benefits.

✓ **Upcoming Races: Prediction Run, Hit the Road Jack, Pumpkin Run, Soles4Paws**

As a new development, specific race committees are now being formed for each JRR race which include people from the benefiting charity, corporate sponsor, a volunteer coordinator, etc. Specific race preparation tasks are delegated to each member. The committees meet several times prior to the race and once following the



race to wrap things up and prepare for the next year's event. Committees have been created for HTRJack, Pumpkin and S4P races and have all met at least once so far. Race committees for JRR's Spring 2026 races will be formed starting October-November '25. JRR is also in discussion about adding a new race, next year May, to possibly benefit the Neosho Humane Society (more info to follow).



✓ **Other races**



JRR is cooperating with and providing services to other races including timing and organizational assistance. Upcoming races JRR will be timing are Lamar FCA 5/10K Fair Run, ROCC 5K, Race Across Kansas. JRR is promoting these races together with other area races that give our members a special discount at registration. See our bi-weekly email with race updates for details about JRR-organized races and other supported races. As always, race

discount codes can be found in our Facebook Member's Lounge accessible to members only.



✓ **JCVB Grant**



JRR has applied for a grant from Joplin Convention & Visitors Bureau for expenses to be incurred at JRR's Joplin area races. JCVB has grant money available for organizations that can demonstrate their appeal to attract visitors from locations outside the immediate Joplin area (70+ miles) to spend the night in Joplin hotels, eat at restaurants and visit shops. Along with a dozen other Joplin organizations, we appeared before the JCVB council to plead our case. JCVB's decision will be made public later this year and grant money would apply to our 2025-2026 season.

Next Board meetings are Sep 2, Oct 7, Nov 4, 2025



May Club Meeting – Goo's Dojo

Hosts for our May Club meeting was Goo's Dojo at Northpark Mall. Goo's MMA team came ready to instruct and did not disappoint. All because, you never know, sometimes running away as fast as you can may not be an option. We all learned to “man up” and “hit it where it hurts”. Our wives are so much more dangerous now. It's a bit frightening, come to think of it.

Thanks to **Erron Wright** for taking the time to teach us a few basic skills. Very much recommended!

Here are a few of the highlights (or should we say “punchlines”)!



July Club Meeting – 80/20 Running at Joplin Y

July's Club meeting was held at the Joplin Y. Henri outlined the *80/20 Running* strategy, combined with the *Primal Endurance* approach: a running system which focuses on slower aerobic running, high-performance breakouts, holistic performance-driven lifestyle, adequate sleep, supporting diet, and periodization.

As a JRR first, the meeting was taped and streamed live on Facebook. It is still available for viewing here:

<https://www.facebook.com/share/v/1Cgg1Rptkm/>

Information that was shared with attendees is available on our website, here:

<https://joplinroadrunners.com/meeting-notes>



'Oh, I Used to Run Marathons,' Says Smirking Woman Who Refuses to Elaborate

May 08, 2024 / Mark Remy

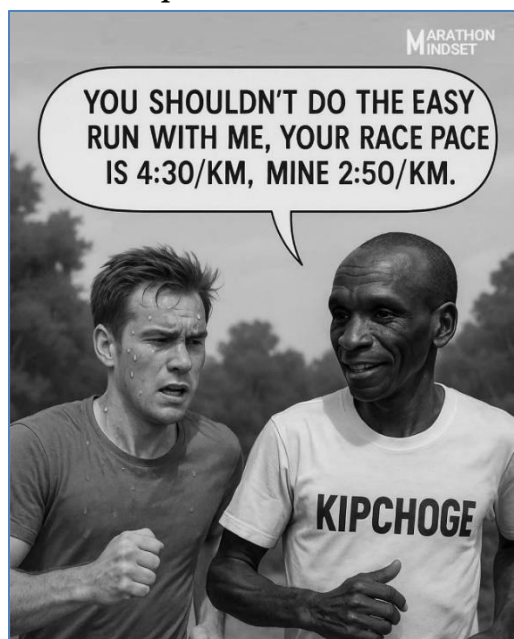


Pro Tip: Treat Your Depression By Going For A Run — The Misery Of Running Will Distract You From Your Depression

Technical Corner: Periodization or Injury – Make Your Choice

(by Henri Coeme)

80/20 Recap



If there's one piece of running advice that can truly transform your progress, it's this: run your easy runs slower. And yes, I mean much slower than you probably think is necessary.

The biggest mistake most runners make is going too fast on their recovery or easy days. They think *every* run needs to feel like a challenge to count. But that's not how the body works. The truth is, easy runs are not about pushing limits; they're about building endurance, developing your aerobic base, and letting your body adapt to training without breaking down.

Running at a truly easy, conversational pace allows you to recover better, avoid overuse injuries, and get more out of your harder sessions. This doesn't mean you're slacking. On the contrary, it's a smart strategy used by elite athletes all over the world. They know that slower runs fuel faster performances later on.

If you're running every session at a “comfortably hard” pace, chances are you're stuck in what's called the *grey zone*: not easy enough to recover, not hard enough to build speed. And over time, that leads to fatigue, plateaus, and injuries.

So give yourself permission to slow down. Your easy runs should feel relaxing. You should finish them feeling refreshed, not drained. It might feel strange at first, you may even have to walk up some hills, but trust the process. The strongest runners aren't the ones who run hard all the time. They're the ones who run smart. These are the basics of 80/20 running.

80/20 Result Update

In an earlier edition of our Newsletter, I introduced you to 80/20 running (*see JRR Newsletter 2024-25 Winter edition, pages 1, 7-8, 24 and book extract on page 41*). In a follow-up article, I explained the effect this training had on my running times and promised updates throughout the year as I continued applying this technique (*see JRR Newsletter 2025 Spring edition, pages 4-6*).

My races at Madison Wisconsin (RRCA national championship: gold in 60+ champion half marathon title in 1:29:53), the St Louis Macklind Mile (RRCA regional championship: bronze in 60+ championship 1 mile in 5:28) and a few local 5K races (Red, White, Boom 5K in 19:56 and East Newton Lions 5K in 19:40) continued that trend of ever faster race times. And all that despite slowing down in my daily runs, reducing most of my runs to “*aerobic threshold*” or conversational pace, which for me translates to a heartrate of 110-115bpm

My practice runs have come to the point whereby I no longer check my speed during the run, but instead only keep an eye on my heartrate. This is now the only gauge I use to prompt me to either speed up or (more likely) slow down.

As my results in the 1M and 5K show, running slower during practice does *not* mean you are losing speed, as long as your 80% slow running is combined with those 20% all-out sessions in the weeks prior to a top competition.

My July talk at the Club Meeting (page 5 in this issue) summarized this 80/20 running practice and then further coupled it with the “*Primal Endurance*” principles for a more hollistic approach to this running technique.

Now time for Periodization

I want to highlight one of the key elements of Primal Endurance running: *Periodization*

To most of us, periodization comes in the form of an injury which sidelines us for a few days or weeks. The injury heals because of an absence of daily running stress, but at the same time the rest of our body recovers as well. With an injury, the weakest link of our body stops us in our tracks. But even though the other body parts are not “injured”, they still need a periodic reset and rebuild.



Some of us (me first) have a hard time breaking free from our sometimes obsessive/compulsive training schedule. For many years, I attempted to be at or near the very peak of my racing shape all year round, not wanting to miss neither winter nor summer races, being enamored with all of them (and still am).

However, exactly the opposite happened. Instead of being constantly at my peak, I would reach that level for some time, but then almost invariably injure myself as I did just a few weeks ago. After a very successful 7 months of 80/20 practice and constant racing, two back-to-back and very fast 5K's finally did me in. I didn't recognize the little drag in my right leg at first and simply ascribed it to a normal everyday ache. The following weekend, I signed up for an unscheduled half-marathon, just because the race looked appealing and I wanted to go to Branson. A few minutes into the race I knew I was in trouble. Even so, my competitive spirit did not allow me to stop, but instead I raced to the finish. I paid dearly for my masters' award that day. I am now in a *forced* periodization time, realizing what I should have heeded but didn't: *keep my peak running season to a shorter period and then take a break.*

Giving your body a physical break from devoted fitness pursuits while giving your mind a break from the struggle of balancing your running workouts with other life responsibilities can be tremendously refreshing.

The most important and least respected aspect of periodization is *rest*. Some extended rest period, usually coinciding with the end of a season, the onset of a long winter or a hot summer, can be very restorative.

After a few weeks of laying off, replacing the daily running routine with some family time, playtime, other-hobby pursuit or vacationing, we can then start a new season. Rather than immediately pick up at the peak where we left off, give yourself a few weeks, even a month or two, of time-off before building back up. Then temporarily scrap the 80/20 routine for a 100/0 routine: complete absence of high-intensity workouts while just focusing on aerobic base-rebuilding.

Rather than sticking to a perfectly planned and “consistent” running schedule, how about letting our *intuition* play a part in what works best for us. Let's take time with aerobic build up, then start pushing the envelope when things feel right again.

The more time and energy we want to devote to training and the deeper our commitment to reaching our peak performance, the more we should respect principles of periodization.



Please shade in all areas where you are experiencing pain:



Thank you for completing these forms.

From our Website www.JoplinRoadRunners.com

For an update and details on any JRR-organized and JRR-sponsored race, check out our website at <https://joplinroadrunners.com/upcoming-race-events>

Race Calendar

8/23/2025	Lamar FCA Fair Run - 5K/10K Register here: https://runsignup.com/Race/MO/Lamar/LamarFreeFairRun	7:30am Lamar, MO
8/29/2025 JRR EVENT	JRR Prediction Run 5K Register here: https://runsignup.com/Race/MO/Joplin/JRRPredictionRun Click here for race details: Race details	6pm Joplin YMCA, MO
9/13/2025	ROCC The Journey 5K Register here: https://runsignup.com/Race/MO/Joplin/ROCCTheJourney5K	7am Joplin, MO
9/20/2025 JRR EVENT	Hit The Road, Jack! - 5K/10K/15K/30K Register here: https://runsignup.com/Race/MO/Carthage/HitTheRoadJack Click here for race details: Race Details	8am Carthage, MO
10/26/2025 JRR EVENT	42nd Annual Pumpkin Run - 1M/2M/8K/10M Register here: https://runsignup.com/Race/MO/Carthage/JRRPumpkinRun Click here for race details: Race Details	2pm & 3:30pm Carthage, MO
11/16/2025 JRR EVENT	Soles 4 Paws 1K/5K Register here: https://runsignup.com/Race/MO/Carthage/Soles4Paws5K Click here for race details: Race Details	3pm Carthage, MO
11/29/2025	Run Across Kansas 1/2 Marathon Register here: https://runsignup.com/Race/KS/Galena/2025RaceAcrossKansas	9am Galena, KS

JRR Race Flyers and Info

All race details as well as race day registration document can be found in flyers below

Hit The Road, Jack! 2025 - Race
Flyer (pdf)

DOWNLOAD

42th Annual Pumpkin Run - Race
Flyer (pdf)

DOWNLOAD

Soles 4 Paws 2025 - Race
Flyer (pdf)

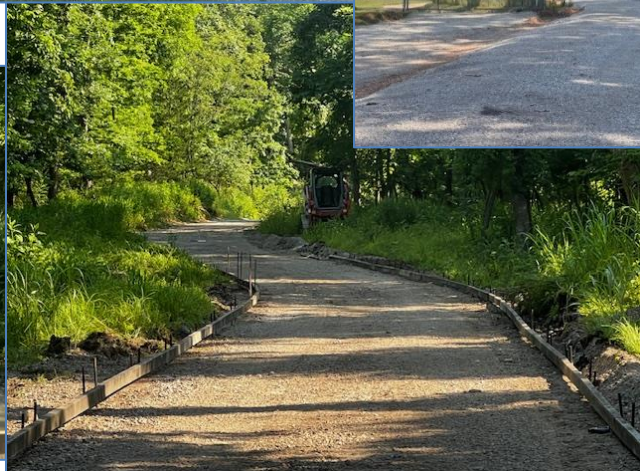
DOWNLOAD

Tin Cup Trail – Prediction Run – Friday Aug 29 at 6pm

The Tin Cup trail is nearing completion. Not a minute too soon considering our upcoming Prediction Run which we will use to inaugurate this new trail.

Don't miss this event!

<https://runsignup.com/Race/MO/Joplin/JRRPredictionRun>



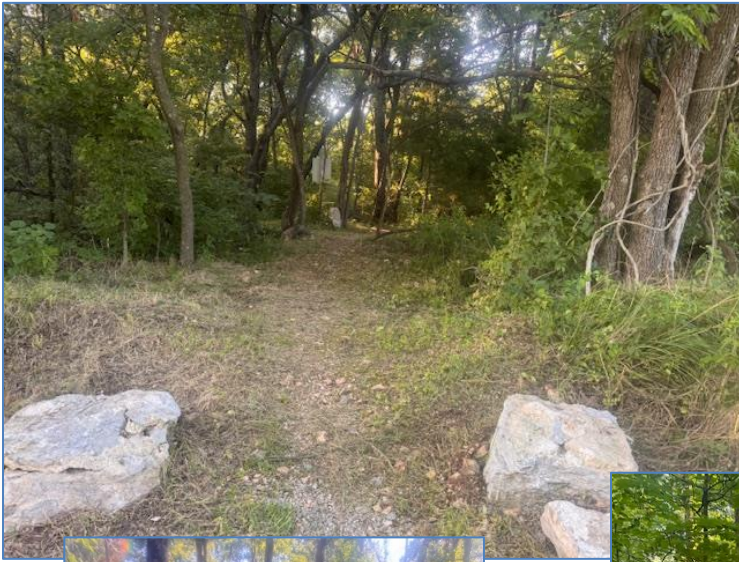
Ruby Jack and Morse Trail Clean-up

Joplin RoadRunners and Joplin Trails Coalition joined hands to widen the Ruby Jack trailhead in Carthage and make it more accessible for our races, with more space for our vendors and our equipment.

The trailhead site is now at least 3 times as large as it used to be. We look forward to continuing these improvements with some of the revenue we will collect from our upcoming Hit The Road, Jack race event.



RoadRunners were also active on the Morse trail in Neosho where we cleared no less than 4 miles of trail, cutting back the grass and the brush on both sides of the trail and making it more runner-friendly. This was our contribution to the City of Neosho's Parks & Recreation for allowing us to use the trail exclusively at our annual Frosty4 Trail run in January





Race/Running Reports by Club Members

Why Cathy Runs (by Cathy Brown)



I was involved in track in high school for 3 years, not because I liked to run, I didn't, but Bob was on the varsity team and I thought that would be a good way to be around him. I caught Bob's attention, so I didn't have to run again until I was 49 and my friends got me motivated again.

I started out with the "Couch to 5K" training and that was the start of many running events. I really can't say how many 5K's I did since then, but it must be somewhere around 75. Since that first 5K, I've completed 20 Half Marathons and 2 Full Marathons plus some Triathlons.

I never ran early in life, but it all started with my friends, they were running and training and invited me to join, many times, until I decided to give it a shot. I loved it! We would run after work in Joplin, or various places on the weekend, it was just an amazing social thing. We could run, talk about things and help each other's training as issues sometimes came up. Going to the longer distances, we all helped each other mentally to keep going. A 20-mile training run really isn't fun, but collectively, we helped each other through it.

My other motivation, once I realized I could actually 'run', was that I wanted to challenge myself. At first it was to increase my time at 5K and then take the challenge of 13.1 miles and 26.2 miles. After my first marathon, I told myself I never wanted to do another one of those. As a 'non-runner' I felt I really had reached my plateau. But then a friend who didn't join in with the first marathon wanted to do one but needed a training partner. Secondly, my only grandson was born, and I wanted to hold my new grandson after I finished. So, I signed up for my second one. To me, that's really what running is: a challenging social event with your friends.

I was never really into races to win, or even placing, but I was in it to spend time with my friends, do a healthy activity, get fit and increase my self-awareness and self-esteem. So, what motivates me is having wonderful friends and self-accomplishment.

If I was to advise someone I would say, if you really set your mind to something and want to accomplish it then you must start, commit to it, even in the hard times when you are sore, or the training is long, or the weather is bad. I realized I could overcome obstacles (we all have them); you just must set a goal and reach it. Start with the Couch-to-5K program, grab a friend to be part of your self-challenge and go for it. But you must start.

Now, I've backed off the running events, but I feel good about what I've accomplished. I challenged myself and feel really good about that. I still walk at a fast pace, 3 miles a day, and do some fitness training, but now Bobby and I are at a different, new and exciting stage in our lives, both retired, looking at new and exciting things to do in our life.

But I do have to say, I feel so good about myself, having stepped into the running world, and if I had it to do all over again, I'd do the same thing.....yes, even that 2nd marathon!

... and why Bobby runs

(by Bobby Brown)



I was on the varsity track for 4 years doing the 440yds and the 880yds, so I started running as a kid and never really quit. I would just run to stay in shape throughout my life, never in a race until Cat started racing, so I started entering some 5Ks and 10Ks as well.

Then Cat entered to run her first half marathon. She and other runners inspired me. If they can do it, I can too! I saw how she and her friends just had the times of their lives and that type of enthusiasm is contagious.

I've done many 5K's since, and a few half marathons. *Run with the Wind* from Carthage to Sarcoxie had been my longest run and got me ready for a full marathon. Instead, I got injured in a race called *8 Tuff Miles* in the Virgin Islands: 1000 feet up, 1000 feet down.

Massive plantar injury sidelined me for a while, followed by two knee surgeries. Around that time, I started my announcing business BoCa Enterprises, LLC ('Bo' for Bob, 'Ca' for Cathy....get it?). My last 2 races were Half Ironman events in '21.

My motivation to run is to stay in shape, maintain muscle, reduce fat, and burn some energy. I'm not a social runner; I don't run and chat with others and I can't think of one time I ran without clocking myself. I know they say not to do this, but it's me-against-me so what's the harm.

My proudest accomplishments may be my 5K PR or my sub-2 half marathon. But all in all, I love hanging out after the race with friends, having a beer together ... oh ... and that's when I get to talk!

"Try it, just start slowly, 'no pain, no gain'" was one of the dumbest coaching techniques ever. I'd say challenge yourself, get out of the box. Do the run/walk, but just do it! The first step is the easiest, it's the last one that's the hardest. Pretty soon, 8 miles is just that, just 8 miles.

My future in running? Age is no barrier, we just lost a gentleman in his 90's, and each year he set age records at many running distances. Just look at guys named Henri or Calvin or Russ. But, I have a long list of things I want to do in retirement....yes, Cat's signature is on the 'To Do' list but since I've had a 4 year layoff, I do want to get back, slowly, into running, it's just a wonderful way to spend 30 minutes and up, plus I like the endorphin rush.

We have people to see, places to go in the coming years; we just have to add walking/jogging/running into the mix.

Plus, my passion is announcing the running events and other types, I've done swimming, triathlons and mountain bike enduro events. So, I'll be involved one way or another (shameless hire plug).

Never Count Me Out!

(by Jim Burns)



This story begins in January 2024 when I tore the meniscus in my left knee. At about the same time, Medicare decided not to pay for Symbicort (my emphysema medicine) and I was forced to take a different drug instead (Advair).

After being in rehab with my knee for a few months, I started to run again, but my breathing was very labored, much more than usual. For the longest time I figured it was either the humidity or the Advair that was not helping. I fought through it through several races and training runs but continued to struggle to breathe.

In September, I was able to get Symbicort back but kept struggling badly. Before *Maple Leaf 5K* in October, I was telling Gina Kilpatrick how frustrating this was. She asked me if I had ever seen a cardiologist and explained to me how the heart and lungs work together. That one conversation may have saved my life!

It took several weeks to get to see a cardiologist while my breathing got even worse and I experienced periods of lightheadedness or dizziness.

The weekend before I saw my cardiologist, I went to the annual *Racing For Daylight - 12 Hour Ultra Endurance Race* in Waynesville and struggled through 31 miles, the last 24 walking only. Two days later an EKG revealed a heart flutter that was left untreated and could have caused a stroke or worse. I immediately scheduled a heart flutter ablation procedure.

The procedure went great and after a week and a half of inactivity I was able to start moving again. This was around the end of April, so I started again slowly by walking 2.2 miles a day for May's veterans suicide awareness.

My follow-up visit was on May 9. The electrophysiologist who had performed my procedure did an EKG and said "your EKG looks fantastic", giving me the green light to get back to normalcy.

Now came the challenge after almost a year and a half of very little running (bar a few long races along the way) and gaining about 15 lbs. I had my work cut out for me. My goal all along was to get ready to run the *Clinton Historic 5K and Half Marathon*. I'd like to say that I trained hard for this race, but the truth is I only had 2 weeks of running to prepare for it.

But as I was heading for the finish line I couldn't help but smile. Being an overweight, elderly soul with bad lungs, a "retooled" heart and bad knees, I am still here!

To God be the glory!!



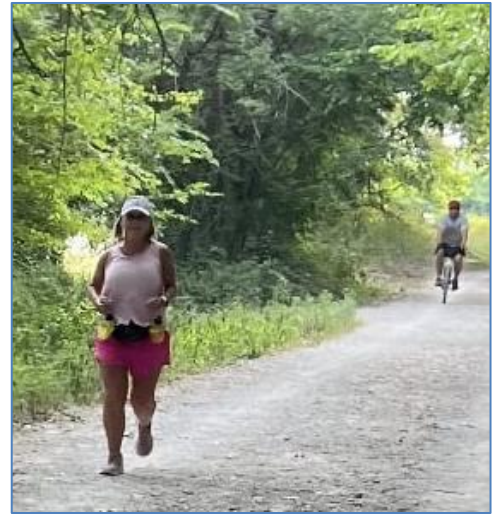
Never Eliminated

(by Debbie Smith)



I ran the *Eliminator* on Frisco Trail this past Weekend.

I have run this several times. It's one of my favorite events of the year! It's a 12-hour event. You have 45 minutes to run 3 miles and if you don't make it back in time you are eliminated! I can always hang in there for six or seven loops before I tap out, but I will continue running until the very end!



This year the weather was perfect! Morning lows in the 60s with a dew point in the 50s! I normally suffer greatly in the heat, so this was a great relief to me!

I love the ultra-vibe of this race! I felt good for the entire 12 hours! My goal was at least a 50K to 40 miles. I got my 40 miles!

This race can help you push the limits of running more miles than you thought possible! It has been the driving force for all my Ultra Races! Come next year and test yourself to see what's possible!.

We Overachieved!

(by Stefani Pyle)

I did the *Eliminator* race for the first time last week.

My goal was to finish the 5th round and run a total of 15 miles (to have run a half marathon) which is what I've been training for. I ended up finishing the 9th round and ran a total of 27 miles.

The furthest I had run prior to that day was 10 miles!

The group of people at the race was encouraging, helpful, and incredibly motivating. I watched my friends double their longest distances and made several new friends along the way.

I never would have ran 27 miles by myself but being around others and having their support got me there.

It was an incredible experience.



Always been a RoadRunner

(by Michelle Hafle)

In August of 1980, I became a Eureka Springs Roadrunner, inducted into my grandmother's ladies vacation group. Swimming, hiking, canoeing, and all-around adventure was the way! Living life fully and loving everyone along the way. Thirty-two years of vacationing in Eureka Springs, AR "Mamaw" charmed every person she came across, never meeting a stranger and never too busy to offer a smile, a touch, a prayer, her time, or a hug. She left this earth twenty years ago on Good Friday after working twelve hours at the job she retired from, three times! In honor of the original Roadrunner, I have been blessed to join a new group of Roadrunners and seize even more active living and loving in the days to come!



In the summer of 1969, I was called to run this race of life. Every race is a journey. While I have never been an athlete, never been on a team and known that community, I was always the last pick for any game at recess or in gym class, my gangly frame was more likely to fall than fly. Nothing remarkable happened to me on the track and during our eighth-grade cross country race, I ended up with a severe sprain when I landed between uneven asphalt levels on our return down Senior Hill. My methods had been proven flawed, and I didn't have any motivation to publicly humiliate myself any further.

In April of 2015 our business received a phone call, a local race coordinator wanted to employ our entertainment event production services, for a community 5K, the *Amazing GRace*. It was here that I first met Gary Ice, coach of Miami Ice Racing. While I was cheering runners returning from their 5K race, Gary marched right up to me and said, "you need to come run with us!". I said I am a dancer, not a runner. But, if you know anything about Gary, you

know not only did he never meet a stranger, he also never gave up on his pursuits.

After two years of his persistent declarations of "you're a runner alright!", I began to wear down, just a bit. Like Gary warmed up to me that first 5K, the racing community warmed up to our team Resonation and things really began to move for our small business among various race coordinators!

Miami Ice Racing was seeing Resonation more and more, and Gary, well he was always being Gary, recruiting more runners!

For me personally, I require meaningful interest to take on new things. Don't misunderstand, I love adventure, and I am always ready to explore new things, but running is about heartfelt passion to motivate your race. This was a missing vital element for me, even though I was passionately motivated to see every runner achieve their individual race goals, this was not my purpose.

Then we brought our sports package production to a Veteran themed run in November of 2016 and the first stirrings of a passion ignited fire in my heart. *Running with the Heroes* became the motivator to make me want to run my first mile, as an adult. Why a mile? To see how I tolerated the jarring impact of running.



Just before my eleventh birthday, I was thrown from a horse and landed on a rock, breaking two vertebrae in my lumbar spine. Running was an activity that I was told not to do, like riding a horse again after I healed. High impact, jarring/pounding activities were to be avoided. Then at age twenty-one I was involved in an auto accident and spent 18 months in rehabilitation as my spine was re-injured. So, the directive was further reinforced. Because of my individual circumstances, running was not even a thought, until it was. This is precisely when God began to grow my spirit toward relying upon Him and not myself or any other humans. My running is a blessing for so many reasons I never imagined! My methods are not to rigorously train daily. My time and speed are not a concern. My only thought is why I want to run, whom I intend to honor, and which race will accomplish this goal.



In August 2017, after losing Gary quite unexpectedly, it became to honor the man who relentlessly pursued my running with his group! His race, *Fearless Fern*, which honored a local female friend who had been killed while pursuing her passion in the Middle East, became my race. My passion was to dedicate my 5K to Gary and Fern each for their honorable service to others. Neither of them quit and I wanted to run, without stopping to the finish. Gary smiled at me from heaven that sweltering day, I

received an age group award for my finish!



In November I ran again for veterans and my dad - a Vietnam veteran - attended for my race dedication. Then in 2018 our oldest grandchild decided she wanted to run the Joplin Memorial Kids Run, for her uncle, who survived the Joplin Tornado in his car floorboard, and I ran with her. Aurora was intoxicated with running and wanted to do what came next, a 5K! We compromised. My offer was for her to run three one-mile races, and if she completed them without complaint, walking, or quitting, then I would register her for a 5K. We did two summer races organized by the Starlit Race company and she was steadily improving with each

race, so in October she ran her first 5K at the *Wizard Run*!

Aurora and I have run the Frosty Trail together multiple times, even once with her youngest brother! Fern was still “my race” each year, until it was retired as a community fundraiser in 2022.



In August 2019, Sheree Wilson and I registered for our first 5K together! Then an “accidental invitation” brought me into the *Great American Relay* race with her and Brian Spencer in 2021 with my longest distance to date: 7+ miles.

As an emcee for Resonation, the logistics of running are challenging: our schedule and the reality that we work many events. Whether I am cheering racers across the finish line for Resonation, or I am running as a Roadrunner, I bring my heart's passion and power through the distance to the finish, hoping I can inspire others as much as they always inspire me!

In every race, there is only one medalist, but every finisher is a winner, and I happily stay to cheer for the last to cross! Everyone has a purpose, mine is active experience and progress.



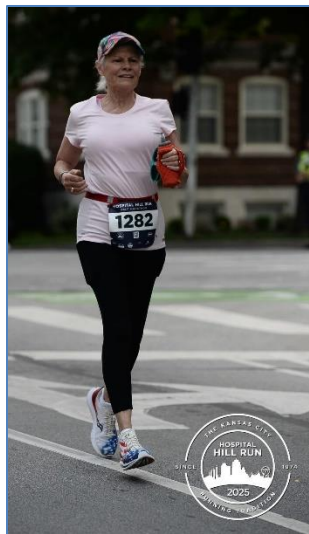
In 2024, at the last minute, I decided to register for the final *Joplin Memorial Half Marathon*. As I participated in the Walk of Remembrance, Richard Vaughn talked to me about my impending “secret” run the next day. Some sage wisdom from a man spinning a rail chair through marathons for years. “*Focus on your progress not how far you have left to go*”. To this day, whatever race I take on, I count in reverse, so I know what has been accomplished over what remains! By God’s grace and grit, I continue going the distance each race I run.

Thank you for enabling me to add another chapter in my Roadrunner history, I know some of the best race moments are still to come!



Running like there's No Tomorrow!

(by Becky Mitchell)

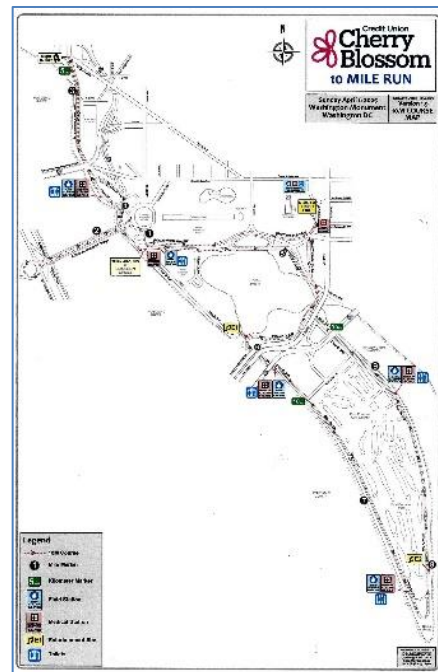


I can't wait! I'm always looking forward to the next race or the next group run. Hard to sleep the night before always! So blessed to repeat races every year: *Hospital Hill* - 3x; *Red White & Boom Run* - 11x+, *Eliminator* - 6x (I think). Now training for *Trifest* - 6x; *Race4Hope* - 14x; *Bass Pro Half* - 5x; *Joplin Turkey Trot* - 8x and on and on, hopefully!

Thinking about adding a destination run. My cousin completed the *Cherry Blossom 10-mile* race in Washington DC this spring and it sounds so fun yet complicated. It's a lottery entry and I've never done that. What's cool is that you run past a lot of the monuments and the Cherry Blossoms are in bloom. Schedule is 5K on Saturday morning and 10 Miler on Sunday weekend of April 11 and 12, 2026.

Details at <https://cherryblossom.org>, and here is the course map.

(note to readers: The Cherry Blossom 10K is a lottery system that opens for registration between Jan 5-19, 2026, but there is a buddy-registration option as well whereby all or none are admitted)



DSM to Dam!

(by Stephanie Durfee)



After 12 weeks of beautiful spring training, I was as prepared as I'd ever be to run my very first half marathon on May 31st. As a new runner, I was so intimidated with the distance and as most training plans go, I hadn't actually run the distance yet. To say I was nervous was an understatement.

My first goal, as always, was to finish injury free, but boy was I surprised when I was able to finish even faster than I'd hoped for with a time of 2 hours and 19 minutes!

The crowd support at the *DSM to Dam half marathon* in Des Moines, IA was amazing! All along the course there were sprinklers and plenty of aid stations. It was such a scenic, mostly flat race and I think I may try to run it again next year!

I ran with my friend Jamie, and her mother Carol. Carol has run this race every year (at varying distances) since it started in the early 80's! It was awesome to have her extensive knowledge of the course as we were running.

They had a splash pad we could soak our feet in, and we all enjoyed that after the race. They gave out goody bags with fruit and snacks and bottles of water and a beer if you wanted it!

Running News from Ravaged Texas

(by Rocky Holly and Dottie Duncan)



We hope all is well with you and everyone at JRR! We have had one of the busiest summers ever. I'm not sure if you heard, we had a tornado hit Lubbock in early June. It was a pretty large one (actually several ones altogether). We were only four miles away. Very high winds, torrential downpour and flash flooding in our neighborhood. It made the national news; drones captured our neighborhood. Our home sustained some damage, but it was not catastrophic. Nonetheless, we had a good bit of repairs and repainting done. Many homes here were affected, but everyone waited their turn. We just finished repairs; the only thing left is a few pieces of gutters that had to be removed and replaced.

The whole neighborhood helped clean up trees, branches, mud and debris. So grateful that no one was injured in our area. Lubbock has a great emergency alarm system! We went right to the basement. It was a scary experience that won't be forgotten.

We also got some great help through neighbors' referrals. The floods that claimed the lives of those missing children were south of us, but a former coworker, several people and a retired couple we know live in that area, they suffered greatly. People lived so close to that river. Their dilemma is still continuing, please pray for them and for everyone in that area.

Running has been a welcome respite whenever possible. We have to get up early to beat the triple-digit heat. We have run some short virtual runs. We are training now for Fall. We're registered for *Hit the Road Jack* and will pick one more JRR race for Fall. Also, one virtual marathon and one virtual 50K for Fall.

Thank you so much for the opportunity to run with JRR, we are proud to be your virtual runners.

Who is a seasoned Runner?

(by Paul Ceselski)

The price of becoming a seasoned runner is high. Success is not free, and you must "Pay the Piper". The harder you work, the more room for improvement. How do you know if you have reached seasoned status? In my limited opinion, I believe it is when you begin signing up for races that were on your never-to-do list.

One such recent run was back in July this year, named Dark & Dirty. I had signed up for the 25k, but a 50k, 10k and 5k were offered. There were light showers that evening, when I rolled into Twin Mountain Park near Quinton, OK. By race start this had turned into a full-blown lighting storm. Rain soaked the slopes along with raising the water levels. What had started out as a manageable course turned dangerously ugly.



Parents with small children were stuck helpless atop a muddy decent. One such youngster could be heard above all else with a scream of sheer terror. So, I did what runners do naturally and that was calmly say, “*come on little man, I’ll get you down*”. Never asked, just did what had to be done. I was equipped with my Salomon’s slick like soccer shoes. That allowed me to swoop him up and deliver safely.

In reflection, it’s not the race rather the community. This September will be my first attempt at becoming an Ultra Distance runner.

I just thought I was seasoned.

80/20 or Bust!

(by Connie Wilkinson)



After 25+ years of training by pace and distance, as was well-meaningly drilled into me in the '80s by my coaches while racing in high school and college, I was recently convinced by a friend to try a new way of training: *the 80/20 method*. Upon this friend's recommendation, I purchased and read the book "*80/20 Running: Run Strong and Race Faster by Training Slower*" by Matt Fitzgerald. The research-based methodology had me hooked from the start. I decided to give it a go.

The initial few weeks were hard. My heart rate shot up to over 130 when I was running (and sometimes walking) SOOOO slowly. Walking was something I was not accustomed to interjecting into my daily runs, but I initially found it a necessity to keep my heart rate low. I also fought to not keep track of this

very different training pace. In addition, my super slow Strava and Garmin Connect results were being broadcast to all of my former and current running friends! What was happening? These paces and times had me doubting that I could stick with this method. I did not see how this was going to result in faster running and race finishes, but I had committed and so wanted to give the method a fair chance.

Now I am going on my third month of following the Level 3 full marathon plan in the 80/20 book. I have to say, I am putting in more mileage than I have in the past few years, without soreness, injury or fatigue, and these miles are predominantly much slower than I am accustomed to running (staying mostly in HR 1 & HR 2). After figuring out how to calculate my lactate threshold heart rate and then determining my heart rate cut offs for each of the five zones, with the help of a heart rate monitor, I now have a much better idea of what a Z1 or Z2 pace is and should 'feel' like.

For most of my running life, the majority of my training miles were run in Z3 and/or Z4, which according to the



80/20 method, is not an effective running or training strategy. The Z3 pace is considered a grey zone by Fitzgerald, and to be a non-effective training pace as well as a *counterproductive* training pace, as in essence it serves to run your body down but not increase your cardiovascular capacities.

On the mornings when I do not feel like going for a run, it helps me to know that I will often have an easy Z1/Z2/Z1 45-minute run on the training plan. This enables me to be much more motivated to just head out the door. When I finish that run, it seems as if I just started, finding myself less tired, having more energy during the rest of my day, and sleeping very well even though I am not 'wearing myself out' with my daily runs. Maybe *because* I am not wearing myself out by running faster paces!



The two days/week on which I do Z4/Z5 faster pushes are refreshing and actually fun! And the 'fast finish' runs are equated in my head to holding back a racehorse until the gate is finally opened, and I am 'allowed' to run hard and enjoy the fast pace! These are new feelings for me after many years and many miles of training and racing, often too fast and too hard for effective training results. I felt that I had maybe gotten to a point post-Covid, a big family move and job change to the Kansas City area where I was losing ground. It seemed I was working ever harder to achieve the same finishing times. These new experiences coupled with running friends who are also embracing the 80/20

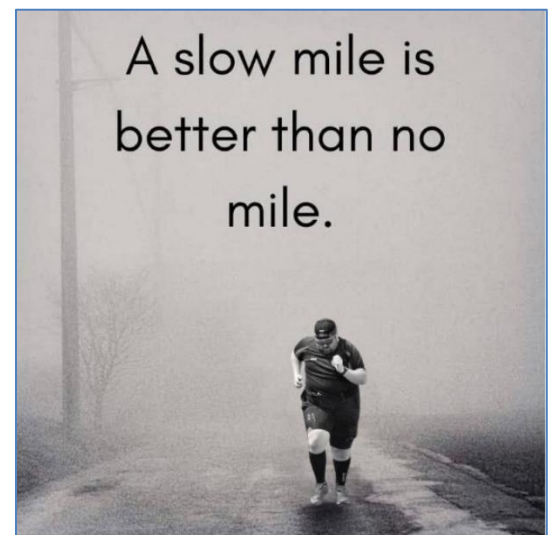
method have renewed my love for the sport of running!

We now have a subgroup in our large Kansas City Running Club who are doing a book study on this method, and many of these runners are at the same stage I am, hanging in there and waiting to see some hopefully faster race results this fall.

One running friend recently completed a half marathon over 10 minutes faster than she had a year ago, and her heart rate was significantly slower, at this faster pace. She was very pleased! And she felt very comfortable the entire race, after having just three months of consistent 80/20 training under her belt. She is looking forward to her next full marathon this fall in anticipation of a great race experience.

I, too, am excited to see results for myself in my fall races, knowing that my body might need a few more months of this training method to truly experience significant changes.

Thinking you need a change of training plans/thoughts? Want to feel like an energized runner again? You might just want to give 80/20 a try!



About getting company

(by Robert Newman)



In April of 2024, my sister-in-law, Carla, called and asked if I wanted to run the *Marine Corp Marathon* in Washington D.C. at end of October with her and my niece Isabella. Our family has a long history of running together so I agreed.

Since they live in Virginia, and I live in Arkansas, we were forced to train away from each other. As we slowly built up our mileage, we kept each other accountable. When we met in Glacier National Park in July for vacation, we had our first joint training days. Running with these amazing women in the mountains of Montana, I got my first inkling of what I had been missing by running solo all these years.

As the marathon approached, we were busy with logistics. Besides the three of us running the marathon, my daughter Anne and my niece Julia were running the accompanying 10K race. We had a total of twelve family members coming in from various places for the event. The night before, we had a large, boisterous meal and spent a wonderful evening together. Then, it was to bed and race day.

To be completely honest, as I woke from an unproductive sleep, in my mind I was still focused on running as fast as I could and had no thoughts about running with Carla and Isabella. In fact, after the start I did not plan on seeing them at all. This all changed at the starting line. I have run in large events, but nothing prepared me for the chaos of the beginning of a marathon with over 23,000 participants. Trying to get in the correct pace wave was problematic and at the last second I had to use the restroom which further complicated matters.

As the race started in a slow crawl due to the large number of people, I was a bit frustrated and started moving laterally to increase my speed when I saw Isabella and Carla just talking and laughing, having a great time. I ran over to them, and we continued together looking at the funny signs and joking about how to keep the tangents. We enjoyed each other's company during the run. After a few miles, I made one of the best decisions I have ever made and that was to run the whole day with them and what fun we had.

For me, running has always been a solitary endeavor. Infrequently have I trained or run with a partner. I have used running and cycling as a release from the daily stresses of life, to reset my mind and to scratch the competitive itch that I've had since birth. The thought of running a marathon with anyone had seemed like fingernails on a chalk board until last year's *Marine Corp Marathon*. This marathon taught me, or better, retaught me that by having a singular focus on the finish line instead of the journey, I would have inadvertently missed out on the much greater joy that I experienced from the friendship and comradery of completing this event as a team.



The finishing time that I was hoping for came and went, but we laughed, sang and engaged with the crowd. We then approached mile 17 and there was our own cheering section, twelve strong. They powered us through the last nine miles.

I will not say that the last few miles were not tough, but they were certainly much easier and more enjoyable with two of my favorite people. Then, when we ran up that last hill at the Iwo Jima Memorial and crossed the finish line together, I realized that my experience was so much better than it would have been had I run by myself.

DC to Carthage

(by Nancy Ohmart)



June 2nd -7th was my annual school trip to Washington D.C. We walked about 40 miles in the Washington D.C., Mt. Vernon, Va., and Colonial Williamsburg, Va. areas with 28 students and parents. What a wonderful week filled with educational experiences we will not forget.



Martha and George
Mt.Vernon and people
Mary who founded their

We explored Colonial Williamsburg and George Washington's Mt. Vernon plantation where we walked in very warm temperatures to learn more about our country's creation as a Nation underneath the fearless leadership of men and women such as Washington at such as William and town in 1693.



From the College of William and Mary we would later be blessed with American presidents such as Thomas Jefferson and James Monroe. I was tremendously blessed being accompanied by parents, such as Tamra Schaller, Lisa Miller and others who assisted in a vast variety of ways with the energetic and sometimes loud



students. These parents were true sports taking lots of photos for everyone!

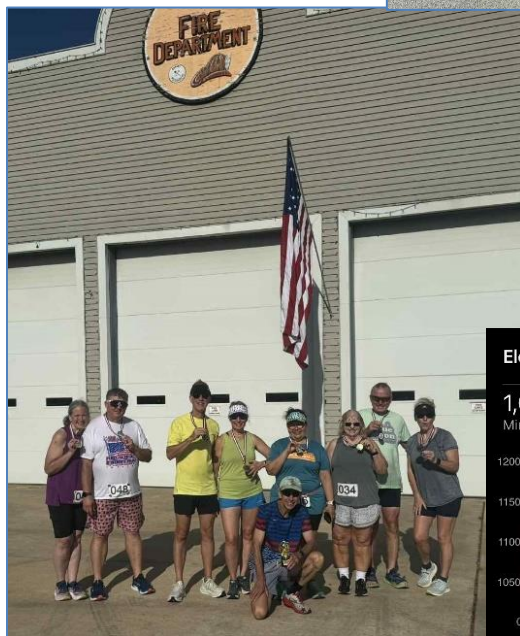
June 14th - *Run for Asia's Little Ones* was an awesome fundraiser for a truly extraordinary cause; to help "rescue and restore" young lives through "Happy Horizons Children's Ranch". This race was hosted at the rustic and rural Rutledge-Wilson Farm Park. It was a well-organized, small race where I ran into Sharon Smith and Shelly Neeper; what fun!

July 4th - *Red, White, and Boom 5K* - This was again, a hot and humid running morning with a multitude of Joplin Roadrunners present and positively repping our organization. With that in mind, it is consistently a fabulous fundraiser in Carthage, and I repeatedly look forward to community involvement and camaraderie. If you would like to run a race with a tremendous amount of neighborhood involvement (they even host a water stop which is imperative on a morning like this), THIS is that race!! Thanks to ALL those involved in this fundraiser for the Carthage Cross Country Teams. I really enjoyed participating in this race with my husband and daughter!

July 5th, *Granby East Newton* Joplin Roadrunners organization, again, fantastic fundraising event Club, planned and



Lions Club 5K run - The represented our extremely well at this for the East Newton Lion's implemented by Jake Holt.



This is one beautiful run, meandering along the water and shaded by many trees (we won't mention the hill at the end 😊). The Joplin Roadrunners earned several first and



second places. Many accolades to ALL who actively participated; Jason, Karla, Henri, Titi, Nancy, Russ, Kathy, Allen, Janet, and the Atteberry's!

Social Miles Runners Keep S'Miling

(by Nick Vacca)

On Saturday August 2nd, twenty members of the Social Miles Club gathered in Joplin for *The Eliminator*, with one goal: survive as many laps as possible.

The Eliminator is a backyard ultra-style race, where runners complete a 3-mile out-and-back route every 45 minutes. You continue until one of three things happens: you don't make it back in time for the next round,

you choose to stop, or you reach the 17th and final round.

Completing all rounds would total 51 miles.

The Social Miles crew joined in with nearly 80 other runners, setting out to test their endurance and willpower, hoping to take down mile after mile, lap after lap, for as long as possible.



While the group had a wide range of personal goals, one thing was clear: everyone was excited to cheer each other on, pushing one another to achieve more than they ever thought possible.

Highlights from the day included:

- ✓ Several people who set out to run 4 laps (12 miles) ended up completing 9 laps (27 miles).
- ✓ An 11-year-old in the group ran 16 miles—10 more than his previous longest run.
- ✓ A 16-year-old who joined last minute completed a full marathon, despite having never run more than 6 miles before.



✓ Three runners completed the full 51 miles.

✓ In total, the Social Miles Club crew ran 570 miles combined!

But the most important part of the day wasn't the number of miles run. It was the laughter shared, the fun had, the encouragement given, and the community built. That's what we're all about.

The Social Miles Club exists to get people moving—together. Whether running or walking, we want to encourage people to live an active lifestyle. But even more, we believe in the power of community. We strive to be a group that prioritizes physical health while also supporting and caring for one another.

Join us! We meet to run and walk together on Monday evenings in the Spring & Summer and Saturday mornings in the Fall & Winter.

Keep S'Miling!



Of Butterflies and Blueberries

(by Allan Cibert)



If you're looking for a race that resembles the feel of true cross country, this one comes as close as you can get. The event is hosted at Burton's Blueberry Farm at 445 Silver Lake Road in Billings, Missouri. If you've never been there, this is a lovely oasis from the hustle and bustle of city life. Burton's blueberry picking season is from late May through early July, so mark your calendars if you want to pick some of these delicious berries.

This is the 3rd Annual event that lovingly honors Amaris Eliana Young who was tragically killed in an automobile accident several years ago at a too early age. Amaris would have turned 21 on July 8th of this year. Samantha Young is the Event Organizer and

does an exceptional job.

The race consists of three loops around the farm. The course is almost entirely cross country, grass not path, except there is a small uphill paved path on the first of the many hills on the course. The start is flat with several rows of blueberry bushes in front of you. You can choose your row to run or walk down.

After approximately 100 meters you cross a dried creek bed. In most years it's dry, but after a heavy rain there might be a minor amount of water trickling pass. After the creek bed is the first uphill, with the paved path. This uphill is steep, but somewhat short. Once on top, you run along rows of blueberries, circling around the grove until you reach the edge of the property to the east, where a well-staffed aid station awaits you.

This aid station is on top of a small steep hill, so refreshments, it's down a steep decline. On the flat for a short distance, until you meet the This one is steep and feels like it never ends.



after grabbing bottom it's only monster hill.

When you finally make it

to the top you're greeted by cheering, bubbles, and a motivated staff at this aid station.



The course from here is somewhat easier. Leaving the aid station you have a gradual downhill that curves around some shaded areas and then pops up on a small uphill then a flat area. After about 100 meters of flat, you come to the last steep downhill of the loop. At the bottom of this downhill you make a sharp left turn and head back toward the start. This part of the course is pretty flat and has many cheering fans. There is also a third aid station as you start on this long straightaway, which also supports

participants who are making their second and third laps, because it's located at the edge of the dried creek. At the end of this runway you loop around a hay bail and go for another lap.

The race director has gone the extra mile for this event. There are three well-staffed aid stations for each mile. The Rural Fire Department was there to assist if needed with fully trained EMTs. The course was extremely well marked. There were painted arrows everywhere on the course. Plus, the race director marked potential dangerous spots, such as roots, large rocks, and holes.

ActNowRacing did the honors of the timing. Although this wasn't a personal best type of course, there were some exceptional performances.

After the running and walking was done we were treated to a pancake breakfast. There were choices of chocolate chip, plain, and of course, blueberry pancakes, plus sausage. These pancakes were huge and delicious! Plus there was a copious amount of blueberry syrup to smother your pancakes with.

I can't image a better way to spend a hot August morning then this event.

I Could Never Do That ...

(by Jason Shummy)

When I tell someone I did a race this is the response I hear a lot!
And sometimes (if I know the person well enough) I ask them "*can't, or won't?*"

My thinking in the past was the same, yet now my body has seen a myriad of race lengths and courses. I never claim to be fast, but I do claim to (kind of) have fun. From May through July, I was in six races. That was less than I thought it would be. And my lovely sidekick Karla has been joining me in those races. She has transitioned from being my sideline supporter to being my fellow race participant.

We get to also walk at least three miles together almost every morning. And at least once a week I get to meet with fellow Roadrunners for a few more miles with friends.

My personal "*can't or won't*" over the last few years has become "*can, and will*".



My VO₂max Test

(by Brady Beckham)

We haven't had many running adventures lately, but I wanted to share with the club our experiences testing my VO₂max at McNabb Wellness on 32nd street in Joplin.

I've been to McNabb twice now and found the data and counsel they provide to be well worth the money. For the cost of a new pair of shoes, McNabb will test your body fat/lean muscle mass in each limb, your VO₂max, and provide a breakdown of how much sugar vs. fat you burn as you move from easy to threshold intensity.

For those not familiar, the VO₂max test measures how much oxygen (VO₂ = volume of oxygen) your body can take in when you are exercising. The more oxygen you can take in, the better your performance. VO₂max is also one of the best indications of being able to live independently and stay active longer than your peers. The test is similar to a "stress test" that you may have heard of people taking before surgery. As far as I can tell the stress and VO₂ tests are similar, with the difference that the stress test only confirms you meet the minimum requirements to survive surgery (and recovery) while VO₂ keeps going until you have a full picture of your cardiovascular health.

The VO₂ Max test is done on a treadmill and begins with walking at 3mph (20 min/mile). You wear a chest strap heart rate monitor, and a mask with a tube that analyzes how much oxygen you breathe in, and how much carbon dioxide you breathe out. Running with a mask and hose makes you feel like an elephant carrying its truck, but you get used to it after a couple of minutes. The mask does not restrict your breathing, but it does block your peripheral vision so you can't see your feet.

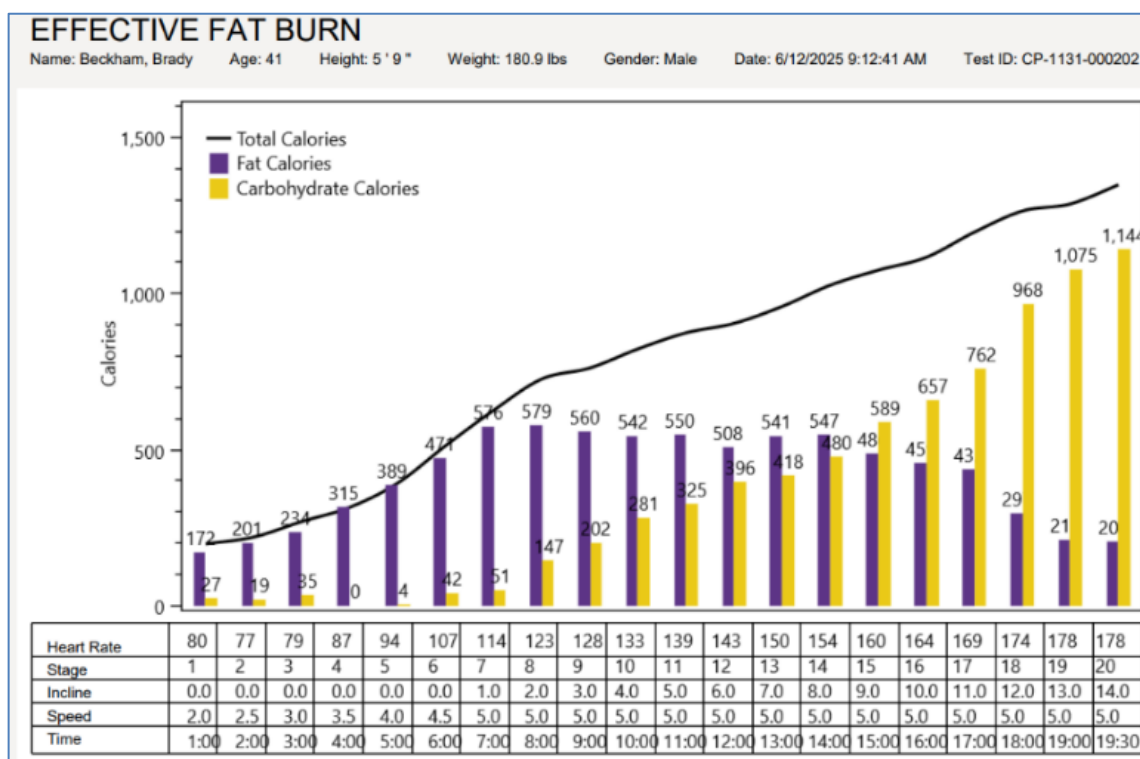
Every minute the treadmill increases ½ mph until minute 5 when you reach 5 mph (12min/mile pace). After that, you stay at a 12-minute mile pace, but each minute the treadmill incline goes up 1%. When the air you're breathing tells the doctors you're at threshold, you finish the minute and complete the test. Expect a 10–15-minute test that will leave you feeling worked, but not exhausted (it's not like the movies, you DO NOT sprint until you pass out!).

After you recover, the staff will review your results with you; for every minute of the test, you'll see your heart rate, and how many calories you burn using fat and sugar. This tells you exactly where your Zone 2 activities should be (at what HR are you burning mostly fat), which may be very different from the Garmin assigned zones that are based on averages for the general population. You can use this guidance to run more miles with less chance of injury, better recovery, and to help trim those few pounds we're all looking to lose.

At the other end of the spectrum, you can also understand exactly how many calories per hour you need to consume for extended efforts like ultra marathons or exactly how hard to push your max HR in threshold workouts.

Data for the sake of data is just a nerd's game; but data that helps you make decisions has value. My first VO₂max test changed the way I think about my daily runs, and when I went back for my second test a year later, I could see and measure the results of the changes.

I recommend this tool once every year or two for anyone interested in longevity and/or maximizing performance.



Look for the Headlights ...

(by Emily Broadstock)



A quiet, brisk morning in February – warmer than usual – enough to wear shorts and a t-shirt after the first loop...but we're not there yet. As someone who has always chased the team atmosphere in sports, marathon running did not exactly fit the bill – until I found the RoadRunners. Still yet, the doubts swirled - Am I fast enough? Am I slow enough? Will I say the right thing? Will I be able to keep up? This morning was no different, but it was, because I showed up to run in a club.

Then I saw the headlights...and a dog...and a really nice lady in bright blue leggings hollering to welcome me. I would come to know her as Debbie – and just

like a Donna, everyone also needs a Debbie. And suddenly, the tornado of uncertainty disappeared, and off we went into the darkness.

I have never been so inspired by a group of folks I never knew before until that first Long Run Saturday. The endless conversation, learning what everyone does for work, for fun, about their families, about their lives. And BAM! First loop is done. Pick up the next round of runners and start it all over. Got a few extra miles in your training block? Someone will stick around and run with you. Having a tough run and needing a donut to make it all better? Ryan has probably got you covered. If he doesn't, he'll at least run to the donut shop with you, letting you complain the whole way about how you hate running and don't know why you're doing this.



The RoadRunners have encouraged me through tough runs, big feelings, marathon training blocks, post-marathon slumps, and huge life moments like getting into Physician Assistant school. We've celebrated milestones like buying their first home, remodeling another, and selling a third. Job promotions, work trips, family vacations – every moment shared while the gravel or pavement passes beneath our feet. It doesn't matter if you walk, walk-run, run, or run real fast. Look for the headlights at the meetup – you just found a new family.



Bear Spray Optional but Recommended

(by Lindsay Meadows)



1500' of elevation gain. He ran the whole time, not stopping, and was at the exchange in under 2 hours. Nathan was next, running 8.5 miles with 705' of elevation gain and ran in 1.5 hours. I was last with over 9 miles to go and almost 1700' of elevation gain but with an 847' descent. I also ran in under 2 hours to the finish line surrounded by mountains.

We all ran our best, we all felt great, and we all beat our expected times for each leg. In the pre-race briefing, the race director said to *"keep your head on a swivel for bears (black and grizzly), moose, fox and porcupines"*.

Water and snacks were mandatory to carry and bear spray was recommended.

And with that, Jack started us off at 9am with 52 chilly degrees and rain. Whoever was not running was able to drive on the

pass, encourage their teammate and meet them at the exchange point.



Two months ago, I texted our son, Jack, as he was on a layover in Doha on his way to Africa: *"would you be interested in running 8-9 miles in a marathon relay race in Alaska, August 2nd?"*

His response, *"That sounds hard. I'm in"*.

And there was our required team of three for the Marathon Relay on Hatcher's (Mountain) Pass in Alaska. Nathan occasionally runs trails. I continuously run trail but added lots of hills and stair master to my training.

Jack rarely runs but did run 6 miles once about a month ago. All of the training was necessary for this race. Jack would do the first leg of 9.25 miles with



Since I was the one to summit, I had the best views, which in Alaska are indescribable. The run for me went fast. Those 9 miles felt easier than the 9-10 miles I run here in the heat and humidity. Running in cool, rainy weather was a very welcome treat.

With that race behind us we were already on to our next adventure in less than 2 days. A difficult 30-mile hike in the Alaskan wilderness. Typical Meadows response: *That sounds hard. I'm in.* Hatcher's Pass Marathon Relay, Alaska.

Team *Sharkchasers* (Nathan, Lindsay and Jack Meadows).
Race date: August. 2, 2025

The Leftover 4 Miler - Pensacola Beach Florida

(by Lelania Littlefield)

In February, I started having vertigo for the second time, which made it hard for me to run a lot. I started walking more and was taking a break, hoping it would help not knowing what was causing the vertigo. I had been to an ENT waiting to have more test ran. I started physical therapy, which was surprising; with all they had me do, it was more

like a workout with a personal trainer. I did this for a month, and my vertigo went away.

They weren't sure if the physical therapy helped or if it just stopped since I had had it in September and it had come back.

We had planned a vacation to take our grandkids to the beach for the first time, and so I found a race and decided to run since I was feeling better. I hadn't been running much before, so I was worried it was going to be hard.

We got up early and headed to Pensacola Beach. We were staying in Navarre Beach, and it was storming hard that morning. When we made it to the race, it was a mess, and later, we found out a tornado went through

before we got there. The race was called "The Leftover 4 Miler" they gave out leftover medals and shirts from previous races. I just planned on running it. I wasn't sure how I was going to feel.

I underestimated the humidity, and so my breathing was terrible. I think I tried too hard because it wasn't often that I had my family and husband there to watch. I ended up getting first overall female. I was excited but felt terrible after the race. Since this race I have slowed down and have been running slower; it scared me how hot I got and what my heart rate got up to.

focus on my health. I will but it is just going to be seeing everyone at the come.



When I started running and lifting weights, it was to be healthy and live longer, and all I have been doing is injuring myself, so I have taken a step back and decided to enjoy it more and hopefully always run and work out, different now. I looked forward to races and many years of running to

News from the Virtual Run Corner – Summer, 2025

(by Dottie Duncan and Rocky Holly)



Greetings to everyone from your virtual runners! Happy Summer from the South Plains of Texas! We hope all is well with everyone. We all have had hot, hot weather. We have still been able to train for and run a few virtual runs, though. We ran the *JRR Virtual Clover Run* on March 8, the *Virtual JRR Neosho's Dogwood Run* on April 19, The *Atlanta Journal-Constitution Virtual Peachtree Road Race 10K* on July 4 and the *Virtual Orange County, CA Fair 5K Fun Run* on August 10. The shorter races are great for us during the summer!

We experienced a few obstacles in our training this summer: the heat, unpredictable T-storms and high winds, often accompanied by dust storms. We worked around these obstacles by going out very early to beat the rising temps and staying well-hydrated in general (not just before and after runs). We run a loop in our neighborhood that leaves us fairly close to the house at all points, in the event that we have to get home

quickly.

The worst weather for us was when the tornado came to Lubbock in June. The weather was great all day prior to this. Suddenly, everything changed! We had just come in from a run when the warning sirens went off. We took our dog Quazi and went right to the basement to wait it out (Quazi runs with us for about ½ block, then sits down - he loves to sit down in yards).



All the weather that accompanies tornadoes very rapidly developed throughout Lubbock and the surrounding towns. The actual tornado passed just 4 miles away from us. Most utilities in the area went down, but ours remained on. Long story short, we were OK, sustaining some damage to the house. No one in our area was injured, but damage to properties was everywhere. Our neighborhood had a flash flood, lots of debris, trees/branches and mud.

Everyone pitched in to help clean up. This took a few days. Naturally, this took a few days out of our running schedule. We have come to really appreciate the resilience, support and wonderful sense of community togetherness in our little neighborhood!

Now, we are back to running on a pretty much daily basis. We'll "see" y'all at the Virtual JRR Hit the Road Jack Run; we're going to shoot for the 25K. We'll select one more Virtual JRR race for the Fall season as

well. This Fall, we are also planning to run *The Virtual Fox Valley Marathon* (St. Charles, IL) and *The Virtual Pilot Mountain to Hanging Rock 50K* (NC).

That wraps things up for now from the Land of Virtual Running. We are grateful to JRR for the opportunity to run virtually!

Happy running to everyone, live or virtual!

We Can Do Hard Things

(by Shelby Baugh Bruner)



My name is Shelby Baugh Bruner and to describe myself succinctly I would say I am a mother, wife, optometrist, and new(ish) runner. When Henri asked me to write something for this JRR newsletter I asked him to provide me with a prompt. His prompt to me was to write about my most exciting race in the last 3 months. Only one race came to mind, and it was both the most exciting, and the most humbling.

For some backstory and context, I have been running consistently for just a little over a year at this point. Having always been involved in sports growing up (softball, volleyball, swimming team, and cheerleading in both high school and college). I was not new to the world of physical conditioning, but I had never really considered running to be its own activity. I had run with the purpose of getting better at other

sports. That is until my sister had me sign up with her for a local 5K in May of 2024. Since then, I have definitely gotten the running bug, and we have now completed 8 races together with no end in sight. I joined the Joplin RoadRunners in March of 2025.



On July 4th of this year, I ran the *Firecracker Trek* in Branson, MO with my running partner and sister Morgan Bridges. It was by far the most challenging run I have done to date. This race was a 10K trail race through the scenic and challenging Ruth and Paul Henning Conservation Area, which is behind Shepherd of the Hills. It was listed as “very hilly” with the surface being described as “technical rock and dirt single track.” Having run two previous trail races, I felt adequately prepared.

That feeling of preparedness quickly left me a mile into this race. The elevation and terrain were very clearly out of my comfort zone. I was struggling and ended up having to walk multiple times, even briefly considering joining in on the 5K and turning back halfway.

I ended up persevering much to the credit of Morgan who would never have let me live it if I had bailed on her. There were quite a few moments of panic realizing DNF-ing was not an option, I was in the middle of the woods and had to finish whether I wanted to or not. Crossing the finish line felt like a tremendous feat and I even managed not to get the coveted “DFL: dead freaking last” medal. Morgan and I had our usual cheering squad of our husbands, parents, and daughters waiting for us at the finish line to celebrate with some much-needed doughnuts!

I guess the moral of this writeup is also a mantra of sorts I say to my daughter often: *we can do hard things*. Not every race is going to be pretty or feel like success. I think it is hugely important that my daughter sees me doing things that are both challenging and fulfilling in the hopes that she grows up realizing that she is capable of so much more than what is comfortable and easy. I plan to continue my running journey for years to come and look forward to new and exciting ways to challenge myself both physically and mentally!



Meet me in Mad Madison or at the Macklind Mile

(by Henri Coeme)



Macklind Road, St.Louis MO, June 28.

About 1600 of us gathered in the rapidly shrinking shade of the trees next to the YMCA. The stage was set for a series of one-mile waves: first the competitive men, then the women, then the elite men (5min/mile or under), the elite women (6min/mile or under), then the dogs-with-leashed-handlers and finally the kids.

The mile was a certified distance. This together with the course profile were the main attraction and the reason why this race, short as it is, grows in popularity each year.

The first 800yds are neutral: a sudden downhill followed by a steady climb.

Then comes the main attraction: a

drop of no less than 70ft in the last 800yds. We fly to the finish line, easily beating any previous mile-time we had clocked.



Recovery of a one-mile run

is quick. Organizers know

this so they planned vendors and a major shoe sale at the finish line. No one escaped without spending money.

It also gave us plenty of opportunity to socialize with peers we seldom meet at other races. After all, this was a RRCA Regional Championship as well. Surprisingly, I ended up 3rd in the 60+ championship, beaten by two very fast, young 60-year-olds, both of whom hold a few MO State records in that age-category. We quickly became blood-brothers and exchanged Strava details. Can't wait to see what they do in their 70's.

My downhill run time of 5:28 was an unofficial world record at 72, but I can probably beat that on a bike.



Madison WI, May 25

Why Madison WI is called Madtown was quickly obvious.

Everyone acts a little loco here on race day. Pink flamingos everywhere. Multi-colored street paintings. The whole town bathes in a carnival atmosphere on the weekend of the big *Run Madtown* race.

There are 5 and 10K's but the main event is the RRCA National Championship Half Marathon. About 1,000 runners showed up for the run-party.

Give it up for the event organizers to set out a beautiful course around the Capitol, through the city center and out around the

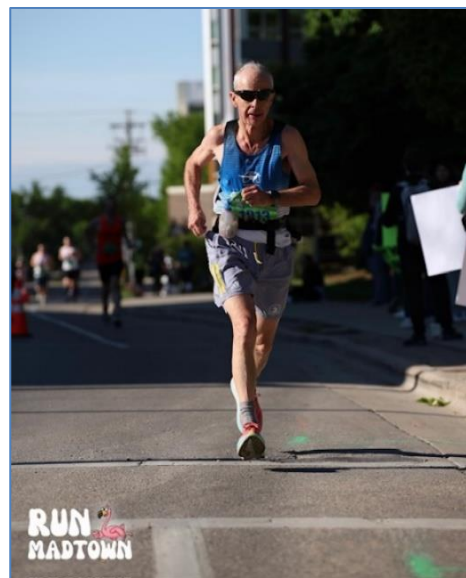
lake. Add a few hills on the way to make it challenging, with beautiful and cool weather and the stage was set for a perfect race.

I had clocked in at the RRCA desk to register for the championship and found out they had no 70+ age category! Instead, they had me run with the 60+yr kids. It would be a hard-fought battle all the way.

Never knowing what position you're in during the race because of the number of age groups just made me run that much harder. I knew I was going at a fast clip because the runners around me got younger and younger.

When I reached the finish line in 1:29:54, a personal old-best and a first-time under 1:30, I had good hopes of a place on the podium. To my surprise, however, the RRCA announced I was the winner in the 60+ category, leaving the second and third runner (both 60 years old) behind by more than 3 minutes.

It would take me a few days to deflate from that high, so Titi and I spent a few extra days around Lake Michigan and kicked up our feet.



Proud to show off my RCCA Championship medal, personalized winner's plaque and ... my pink flamingo T-shirt (*not* pictured here).

Madtown indeed!



Along the Ice Age Trail

(by Titi Jaramillo)



I never write. Never. Not anything. So this is written by my lifetime ghost writer who insisted I'd write something I felt passionate about (running-related) for the next Newsletter. Before I could protest, he told me he would volunteer as that ghost writer and to just give him a hint.

So, here's my hint. After our run in Madison, my 5K and his championship title, we were in the mood for some R&R and decided to continue our journey north, further into cheese country.

Well, cheese we did find (and sampled plenty) but my best memory is our two-day stay in Sturgeon Bay, and a hotel right by the Bay, just steps away from the Ice Age Trail which runs 1000+ miles

through the Midwest.

We were just 6 miles away from the northern trailhead and were very keen to run it and touch this trailhead.

A 150-foot tower, a big rock and a gorgeous view over the Bay marked the end of the trail. We ran it a few times, together with Miles, and took in the breeze and the view from the lake as much as we could. A perfect place to relax and stay cool while back home temperatures were already rising into near-triple digits.

I am beginning to love these run-cations.
Where shall we go running next?



Power of Pink 2025 is a WRAP!!

(by Elizabeth McKay)

A great big THANK YOU to all who participated !!!!



Wow, what an incredible event we all shared! Thank you for being a part of *Power of Pink* 2025! This year, with your help, we raised \$49,577.87. Each one of our ladies received a check for \$12,394.47. Our 15th year total = 58 ladies and \$464,843.40 raised. We have already begun for next year! Mark your calendars for Banquet & Auction, May 8th 5k/1 mile May 9th!

Feel free to reach out to us on ways you can help raise money for those battling breast cancer!



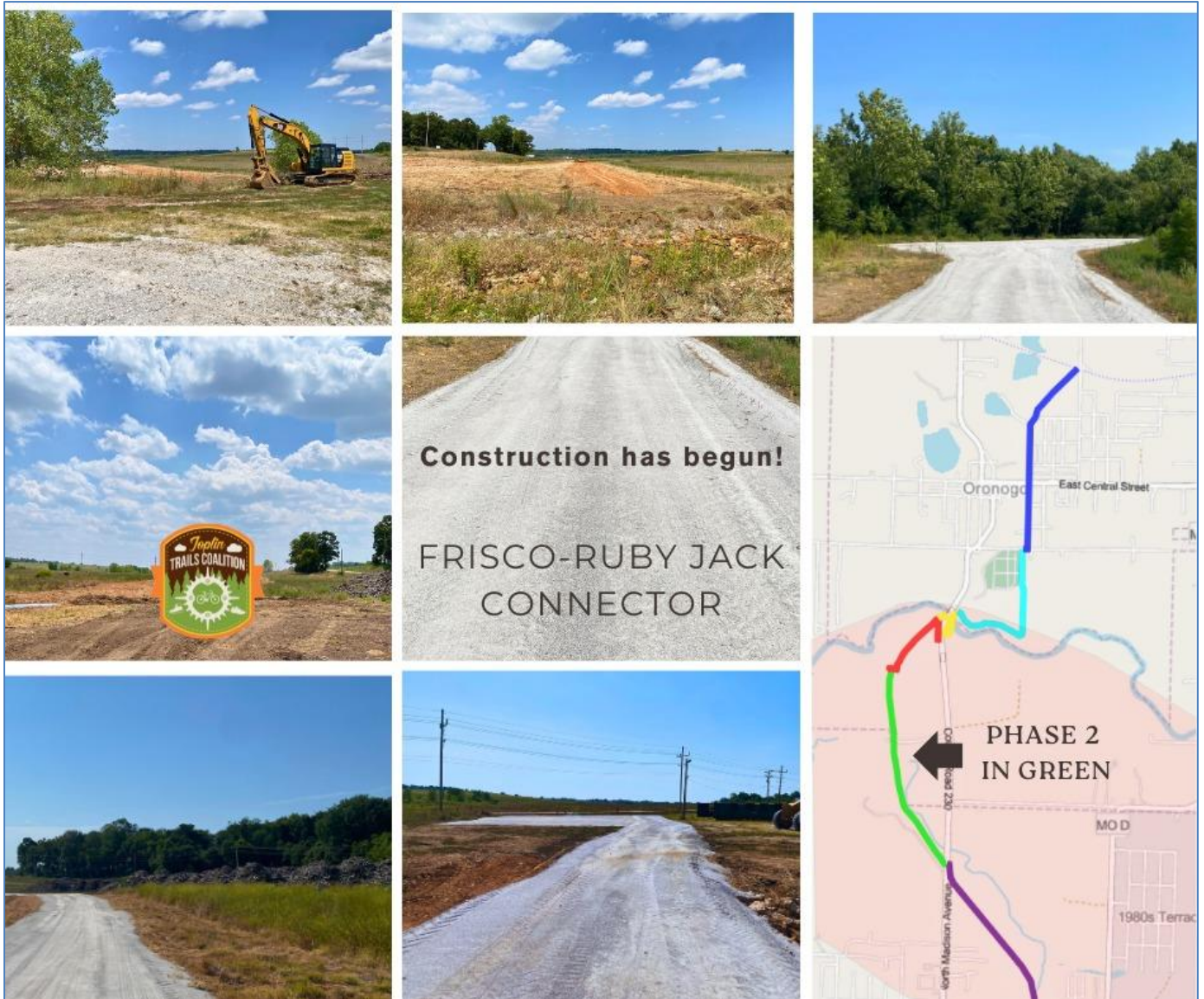


From your Friends at JTC

We're delighted to inform our members and supporters that a segment of the Frisco-Ruby Jack Connector will soon be completed.

Phase 2 is north of Webb City, west of Madison St, just south of Center Creek. See pictures of work in progress and follow our progress at <https://www.facebook.com/JoplinTrailsCoalition>

Many thanks to the businesses and individuals whose generous donations helped fund this project!



And one more thing ...

(Facebook – Running at 40-plus)



Meet Louise Bernadette Butcher, who just completed her second London Marathon. Yesterday, she ran all 26.2 miles without a top, after facing a cancer diagnosis and undergoing a double mastectomy.

Louise's powerful run was about more than just finishing a marathon. She's using her journey to shine a light on body image for women who have had mastectomies and chosen not to pursue reconstructive surgery. Her message is clear: you don't have to hide your scars, and you don't have to hide your story.

In Louise's own words, "Why should I cover my scars? They're a part of me and they saved my life."

Louise reminds us all that strength is not just about crossing the finish line. Sometimes, it's about showing up as you are, scars and all, and inspiring others to embrace themselves fully. Her courage speaks volumes, and her example is sure to empower many more women to run their own races, inside and out.



Runner Ignores Phone That He Painstakingly Positioned on Ground Just Moments Before

July 11, 2022 / Mark Remy



Conspiracy Theorist Discovers Tracking Device in Marathon Bib Number

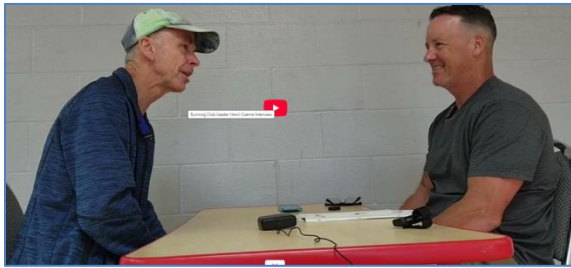
March 20, 2023 / Mark Remy



From our Runner's Library ...

Running for Beginners

(by Mike Fleming – 22Resolutionists.com)



Instead of our usual book review, I wanted to introduce you all to Mike Fleming and his podcast series “*Running for Beginners*”. Mike is now in his second season of interviews, talking with “alumni and trendsetters” in the running world about different subjects which are of interest to the amateur runner.

I crossed paths with Mike when he called yours truly out of the blue and suggested we do a podcast around “*Creating a Running Community*”. You can listen to that podcast and to all his other last year’s and this year’s editions at the link below. You can also subscribe to receive his future editions which I heartily recommend.

Click the image below to link to his podcast site:



A Glimpse of the past

(by the previous JRR generation)

Just to remind ourselves that there were Roadrunners before us and there (hopefully) will be after us, looking back at our days and adventures, here a look at our Prediction Run Results from June 1998.

Yes, we have organized Prediction Runs as long as our club has existed. Sometimes around the home of some RoadRunners, like the one below.

PREDICTION RUN 6/8/98
JUNE JRR MEETING
AT MIKE AND JANE HUTCHISON'S



PREDICTION RUN



ENTRANT	DISTANCE	PREDICTION	ACTUAL	DIFFERENCE	PLACE
Kelly	3 mi	23:00	23:42	0:42	
Bill Cook	3 mi	25:00	25:23	0:23	2ND
Larry Kuhn	3 mi	27:00	27:33	0:33	3RD
A. Cole	4 mi	28:00	26:47	1:13	
DeLynn Kuhn	3 mi	28:30	27:57	0:33	3RD
Ken Cope	3 mi	28:30	31:07	2:37	
Gidge Cole	3 mi	29:05	31:08	2:03	
Mick Ward	4 mi	32:00	30:55	1:05	
Leon Noland	3 mi	33.06	33:14	0:08	WINNER
Richard Sachan	4 mi	36:10	35:26	0:44	
Mary Ann Sachan	3 mi	43:15	44:38	1:23	
Steve Noland	3 mi	43:18	44:38	1:20	
Chelsey Cole	3 mi	45:15	50:20	4:55	
Anne	3 mi	47:15	52:11	4:56	

Treasurer's Report

Joplin RoadRunners - Cash Flow 2025 - YTD	
Jan 1, 2025 - bank balance	\$6,304.44
Income	
Incoming donations	\$1,750.00
Membership Fees	\$1,450.00
Clothing Sales	\$1,008.29
Race Revenue	\$13,579.12
Total Income	\$17,787.41
Expenses	
Equipment purchases	\$1,310.16
Charity donations	\$4,700.00
General club expenses	\$4,255.90
Race Expenses	\$7,118.50
Total Expenses	\$17,384.56
July 31, 2025 - bank balance	\$6,707.29

Local Runner Unnerved to Get 'Official Race Photos' 1 Week After Virtual Marathon

July 27, 2020 / Mark Remy



If School Really Wanted to Restrict Access to Track, Fence Would Be Electrified, Local Runner Tells Self

July 27, 2023 / Mark Remy





!!! Certified long-distance Runfest!!!

**JOPLIN ROADRUNNERS &
JOPLIN TRAIL COALITION PRESENT**

HIT THE ROAD, JACK 2025 RUN FEST

SATURDAY SEPTEMBER 20, STARTING AT 8:00AM

5K/10K/15K/30K

ALL RACES START AT 8AM

**RUBY JACK TRAIL HEAD – CARTHAGE, MO
NET PROCEEDS TOWARDS JRR CHARITIES AND
EXPANSION OF RUBY JACK TRAIL**

ALL DISTANCES USATF-CERTIFIED; ELECTRONIC CHIP-TIMING

**EARLY BIRD REGISTRATION FEE (UNTIL 6/30): \$30 ANY DISTANCE
UNTIL 8/31: \$35 FOR 5K, \$35 FOR 10K, \$40 FOR 15K, \$45 FOR 30K
UNTIL 9/17: \$35 FOR 5K, \$40 FOR 10K, \$45 FOR 15K, \$50 FOR 30K
RACE DAY: \$40 FOR 5K, \$45 FOR 10K, \$50 FOR 15K, \$60 FOR 30K
VIRTUAL RUN: ANY DISTANCE \$40**



**JRR/JTC/OMRR MEMBERS AND ORGANIZATIONS/COMPANIES REGISTERING 10 OR MORE RUNNERS:
\$5 OFF WITH DISCOUNT CODE ON RUNSIGNUP
(NO DISCOUNTS ON RACE DAY !)**

**QUALITY TECH SHIRT IS OPTIONAL
SAME-DAY RACE REGISTRATION STARTS AT
6:30AM AT RUBY JACK TRAIL HEAD**





!!! Come join the Joplin RoadRunners to celebrate one of the oldest races in the Joplin area !!!



JOPLIN ROADRUNNERS & BLUE BUFFALO

42ND ANNUAL PUMPKIN RUN

SUNDAY OCTOBER 26, 2PM & 3:30PM

1MILE AND 2MILE RUN STARTS AT 2PM;

8K AND 10MILE RACE STARTS AT 3:30PM

LEGGETT & PLATT EAST PARKING LOT – 1 LEGGETT RD, CARTHAGE, MO

NET PROCEEDS GO TO

THE CSS EARLY LEARNING CENTER'S CEREBRAL PALSY SCHOLARSHIP

2M, 8K AND 10M COURSES ARE USATF-CERTIFIED !!!



EARLY REGISTRATION UNTIL 9/30: \$25 FOR 1M AND 2M, \$35 FOR 8K AND 10M

UNTIL 10/23: \$30 FOR 1M AND 2M, \$40 FOR 8K AND 10M

RACE DAY REGISTRATIONS: \$35 FOR 1M AND 2M, \$45 FOR 8K AND 10M

\$10 DISCOUNT FOR RUNNING TWO RACES (2M + 8K OR 2M + 10M)

VIRTUAL RUN (ANY SINGLE OR COMBINATION OF RACES): \$50

JRR MEMBERS AND COMPANIES/ORGANIZATIONS/CLUBS REGISTERING 5 OR MORE RUNNERS:

\$5 OFF WITH DISCOUNT CODE (NO DISCOUNTS ON RACE DAY)

QUALITY TECH SHIRTS ARE OPTIONAL AND CAN BE ORDERED FOR RACE DAY DELIVERY UNTIL 10/19

SAME-DAY RACE REGISTRATION STARTS AT 1PM AT L&P PARKING LOT AND AT PACKAGE PICKUP





**!!! All dog and cat lovers,
Join Paws !!!**

SOLES 4 PAWS 2025

5K WALK/RUN
1K WALK/RUN
WITH DOG/CAT OR SOLO
OR VIRTUAL 5K RUN/WALK WITH
PET

SUNDAY NOVEMBER 16, 3PM
CARTHAGE MUNICIPAL PARK

NET PROCEEDS GO TO
CARTHAGE HUMANE SOCIETY

ENTRY FEE 1K: \$25 UNTIL 11/14/2025; \$30 ON RACE DAY
ENTRY FEE 5K WITH OR WITHOUT PET: \$30 UNTIL 11/14/2025; \$35 ON RACE DAY
(CUSTOM-DESIGNED QUALITY TECH SHIRT OPTIONAL)

\$35 FOR VIRTUAL WALK/RUN
(INCLUDES SHIRT)





Group Runs

Come run with one of our three groups, Joplin, Carthage or Neosho, whether out-of-towners, members and non-members.

We leave no one behind!

Social Runs & Club Meetings

Our Social Runs are now held each month. We alternate between Carthage, Joplin/Webb City and Neosho. Join us for a group run followed by a dinner whereby anyone is invited. It is a perfect opportunity to bring interested friends, kids, family, dog, anyone who can stand us talking about running during dinner.

Our Club Meetings are held every other month, generally with a speaker and

around a theme many of us would be interested in.

We now also live-stream our meetings but do come in person and support your team with your presence and company.



Precise days and venues are listed on our Facebook page as well as on our JRR website's home page.

Next JRR Club meeting is on September 11. Venue and speaker to be announced on our Facebook page.

Next Social Run is on August 28 at the Griffin parking lot for a run at 5:30pm, followed by dinner at BTBurger at 6:15pm.





info@joplinroadrunners.com
www.JoplinRoadRunners.com

!!! new mailing address: PO Box 3924, Joplin MO 64803 !!!
shipping address: Joplin RoadRunners, Mailbox Express, 3101 Lusk Dr. Ste 112, Neosho, MO 64850

Club Officers

President of the Board

Lori Thompson - ldolores1@yahoo.com

Vice-President of the Board

Paul Wright – paulnkc@yahoo.com

Treasurer

Kayla Griffin - kgriffin@phoenixhomehc.com

Secretary

Lisa Morris - lisajojoben@gmail.com

General Board Members

Debbie Smith - debbieann57@yahoo.com

Brian Spencer – spencercarco@yahoo.com

Anne Jiles – ajiles58@outlook.com

Tom McKay - mckay28@yahoo.com

Appointed Board member

Titi Jaramillo – titijillo@gmail.com

CEO

Henri Coeme – (417) 622-8912 – hcoeme@hotmail.com

Club Maskot

Miles - the only Beast, all others are pretend only - miles@myhotdog.com

